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The Rent Guidelines Board has **SECURED YOUR RENT** on all lease renewals **BEGINNING OCTOBER 1**. You should only see a **maximum 2% increase** on 2-year renewals, which provides meaningful rent security, and a **0% increase** on 1-year renewals.

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The truth behind the Calvin Harris breakup rumors. 18

Polled Jets players love Fitz, down on Geno. 28

The best musicians playing CMJ this year. 19

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RENEWED

Brooklyn nonprofit Refoundry acts as business incubator for ex-inmates. 6



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RECORD TECH DEAL

1 Computer-maker Dell struck a deal on to buy data storage company EMC Corp for \$67 billion, setting a record in the technology industry, as it tries to transform itself into a giant in the fast-growing market for managing and storing corporate data. The acquisition highlights the frenzy of dealmaking sweeping the economy. **REUTERS**



ARMY BUDGET CONCERNS

2 Army Secretary John McHugh said that the Army was being stretched too thin and was on the "ragged edge" given a declining budget and personnel cuts. "We are in an extraordinarily rare position in American history where our budgets are coming down but our missions are going up," McHugh said while speaking with reporters at the annual conference of the Association of the United States Army in Washington. McHugh said the Army budget had fallen from a peak of \$144 billion to a current level of \$120 billion. **REUTERS**

FACEBOOK E-COMMERCE

3 Facebook wants its users to shop for clothes and other products from their mobile phones without ever leaving its app. In an effort to move further into e-commerce and compete with Amazon retail offerings, Facebook announced Monday it is testing several ad features that allow users to shop directly through its app. **REUTERS**



PUMPKIN CONTEST

7 John Hawkley waits near his pumpkin Monday during the 42nd annual Safeway World Championship Pumpkin Weigh-Off Contest in the World Pumpkin Capital of Half Moon Bay, California. **GETTY IMAGES**



7
THINGS YOU
NEED TO KNOW

ALL PHOTOS GETTY IMAGES

SC FLOOD RECOVERY

4 A stretch of a major East Coast highway closed for more than a week by historic rains in South Carolina began reopening on Monday, as many schools resumed classes and state crews picked up debris in several hard-hit areas. Traffic flowed again on the southbound lanes of a 13-mile section of Interstate 95. **REUTERS**



SYMPHONY RAISES \$100M

5 Symphony Communication Services, a messaging startup backed by Wall Street banks, said it had raised more than \$100 million in a new round of funding from investors including Google, UBS Group AG and European venture capital firm Lakestar. Symphony's chat service allows financial firms, corporate customers and individuals to put all of their digital communications on one centralized platform. The Wall Street Journal, citing sources, reported last week that the new round of funding would value Symphony at about \$650 million. **REUTERS**

NOBEL PRIZE FOR DEATON

6 British-born economist Angus Deaton has won the 2015 economics Nobel Prize for his work on consumption, poverty and welfare that has helped governments to improve policy through tools such as household surveys and tax changes. His work had been a major influence on policy making. **REUTERS**





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Maintenance supervisor/signal school instructor Javier Arbelo, 35, shows how signaling works. MILES DIXON, METRO

Busy signals

MTA workers repair old equipment.



WENDY JOAN
BIDDLECOMBE
Wendy.Biddlecombe@metro.us

The next time the subway car you're riding on during morning rush slows

to a stop and the conductor says there is a signal failure or train traffic ahead, think of this.

The majority of the city's trains rely on human beings to manually change the signals from red, yellow and green between stations, and pull a lever to reroute a train to another track.

"At some locations we manually operate the signals because we have to manually operate the switches. Some locations you have automatic train control, where you operate the tracks, signals and switches automatically, but by and large they're operated manually, there are people that actually operate the signals and switches," said Wynton Habersham, MTA vice president and chief officer of service delivery.

The MTA is moving toward the future with communications-based train control (CBTC), which uses a computerized system to pinpoint the location of the train and train movement. The MTA says that information will allow it to run more trains and move more passengers.

The L train has CBTC, and the MTA is installing the technology on the 7 line. The \$205.8 million contract was awarded earlier this year, and the work is expected to be completed in 2017.

The MTA gave reporters a tour of its signal school, located inside the 14th Street and Eighth Avenue station, on Monday. Students in an 18-month course learn to operate the signals and repair equipment, some of which is modern, but some of which was originally designed in the 1930s.

The students practice on similar models of equipment used throughout the system as well as a model train.

"Because of a very robust signal-maintenance program, even the older equipment that is 80 years old and still in service is safe," Habersham said. "It's not as reliable as we'd like it to be, and it takes a lot to maintain it, but first and foremost it is safe."

Habersham said the shop is a coveted job for



MTA workers, and "once you get in the shop, you don't want to leave."

"As an ordinary commuter you're always basing [delays] on 'am I going to be late?'" said Javier Arbelo, a signal school instructor and maintenance supervisor. "But working on signals, you understand that it happens. Sometimes you have to accept certain things. We don't have control."

Habersham said the MTA is working to install CBTC on one line per capital program (the L train upgrade was covered until the MTA's 2010-2014 program). The 7 line is covered under the 2015-2019, which was just fully funded by the city and state last weekend, and design is starting on the Sixth Avenue line.

"It's great they're actually showing people the signal system. No one appreciates them, but signals are the [nerve center] of the subways," said Nick Sifuentes, deputy director of Riders Alliance.

Sifuentes said the CBTC upgrades have improved service on the L and 7 trains and the upgrades "need to happen faster across the system."

A Transport Workers Union 100 spokesman said "anything that increases capacity is good for the system and good for the riders."

The union, which was in the past concerned with CBTC leading to fewer than two conductors operating a train, said the "union is adamant that signal upgrades shouldn't lead to another attempt to take conductors off of trains."

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Ex-inmates find purpose through hands-on work

Brooklyn org Refoundry hopes to knock down recidivism rates.



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Eugene Manigo pieced together planks of different shades and finishes as he hammered them atop a piece of plywood that took up almost a third of the 500-square-foot workroom in Gowanus.

Manigo is only just getting started on what will eventually become an 8-foot-long headboard, but the 63-year-old has no shortage of patience. He spent 29 years and six months in prisons across New York State.

For 20 of those years, Manigo said he would opt to work in the prison's workroom, hammering at road signs and working on office desks.

"It gave me a sense of self," he said as he drilled the planks into place. "I'm doing what I want to do, which is working with my hands and being creative — being useful."

Manigo is one of five formerly incarcerated men selected to kick off Refoundry, a re-entry nonprofit focused on transforming what might be otherwise discarded into something that can be appreciated.

Refoundry was designed by co-founders Tommy Safian and Cisco Pinedo to provide the training and support necessary for men and women to start their own business. They do so through refurbishing furniture and scrap into fashionably practical goods.

"We started with four guys in late April out of pocket," Safian said, adding that the group sold more than \$45,000 worth of goods within 12 weeks of launching.

Having previously run a successful furniture



Eugene Manigo works at Refoundry. MILES DIXON, METRO

Refoundry

Learn more about the organization at refoundry.org.

- Donate to the Kickstarter through Nov. 15 at bit.ly/KSrefoundry

store in Brooklyn, Safian readily admits he doesn't have much of a background in nonprofits or criminal justice reform.

Nonetheless, he and Pinedo — who created a popular sustainable furniture brand in California — wanted to find a way to engage some of the thousands of New Yorkers

"This is the chance, the break that I needed."

Eleby

who struggle to find stability after incarceration.

In New York state, the number of offenders who return to prisons within three years has hovered around 40 percent for the past two decades, according to a 2014 corrections report.

"That's one of the problems with a lot of guys," said Manigo, who spent almost three decades behind bars for second-degree murder. "Refoundry can give them something to focus on. It helps them see some-

thing better, or at least it does for me."

Unlike some other re-entry programs, Safian explained that slots for participants will open up as demand for their work grows, although demand is creeping higher than they expected.

To help meet some of that demand, Refoundry launched a Kickstarter campaign in mid-September, already earning more than half of their \$45,000 goal through more than 400 backers.

Any money earned would help Refoundry eventually relocate into a larger space in Sunset Park's Industry City, where it is already com-

missioned to build seating for the Brooklyn Flea and Smorgasburg as they move indoors for the

wintertime. "Refoundry gives me an opportunity to own my own business though, to provide for myself and my family," said James Eleby, 47, as he took a break from the table tops he was finishing.

"I watched my children grow up during prison visits, promising it'd be different when I'd come home," Eleby added. "I don't remember being home more than 60 days without being rearrested. This is the chance, the break that I needed."



Michael Chernow ('08 grad), founder of The Meatball Shop and Seamore's in NYC

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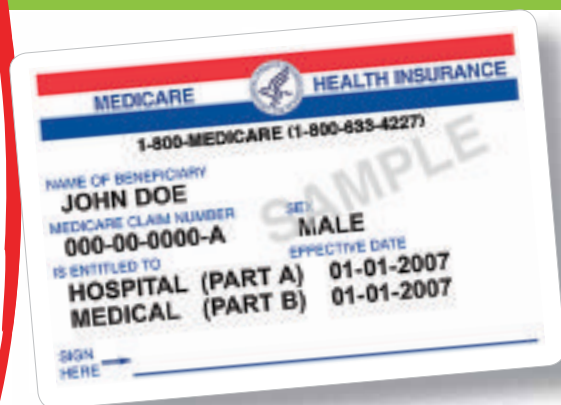
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High cost of living a big concern for area

A survey found the income gap to be a serious problem.

TRACY LEE
@MetroNewYork
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An overwhelming majority of New York residents feel even more stagnant in a metropolitan area that has a cost of living issue, said a survey released Monday.

Eighty-six percent of the more than 1,500 surveyed across New York City and nearby suburbs in New York, Connecticut and New Jersey say the high cost of living is a "serious problem."

The survey, which was conducted over several weeks in July by nonprofit

Public Agenda and public radio station WNYC, also revealed "complex attitudes" felt toward the wealthy.

Nearly three quarters of metropolitan residents surveyed felt that as long as everyone else had a chance to get ahead, it was "OK" for the wealthy to get wealthier.

But at the same time, 65 percent reported the income gap between the

86%
SAID HIGH COST OF LIVING IS "SERIOUS PROBLEM"

rich and everyone was a "serious problem."

"It's especially interesting to me that the survey found such a widespread feeling that

both the poor and middle class are having a difficult time regardless of how hard they work, even as the top few percent of earners gather an increas-

ing share of wealth and income," said Brian Lehrer, host of WNYC's Brian Lehrer Show. While seven in 10 residents of the region felt that the wealthiest hold a greater influence in most government decisions, Will Friedman, president of Public Agenda, also highlighted that people in the region "don't resent wealth."

"But they do have a serious problem when they see the rich getting richer while most people work hard and aren't getting ahead, or when they see the wealthy having outsized influence over decisions that affect everyone's lives," Friedman said. The survey results — used to stir up more conversation about issues that residents are most concerned about — pinpoints that a cornerstone of worry is the "lack of well-paying and secure jobs." TRACY LEE

NYC celebrates Columbus Day



Performers in the Columbus Day Parade on Monday, which celebrates both Christopher Columbus as well as Italian-Americans' contributions to the U.S. HANNAH MATIX

BRIEFS

Police ID woman killed in Flatiron nightclub shooting

A 24-year-old Bronx resident has been identified as the victim of an early Monday shooting outside a Flatiron nightclub, police said.

At 4 a.m., cops responded to a 911 call of several people shot in front of Club Motivo at 915 Broadway, where Walikye Faussett suffered a gunshot wound

to the back.

Faussett was taken to Bellevue Hospital where she was pronounced dead, police said.

Police said a 30-year-old woman was shot in the shoulder and a 25-year-old woman was shot in the hip and shoulder. Both are in stable condition, according to authorities.

No arrests have been made,

and an investigation is underway, police said.

The gunman left behind five shell casings at the scene and fled in a dark-colored vehicle, possibly a BMW.

Sources described him as black, in his 20s and wearing a red and black hoodie, the New York Daily News said in a related report.

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US forces airdrop ammunition to Syrian Arab rebels

Last week, Washington shelved a program to train and equip “moderate” rebels opposed to Assad who would join the fight against Islamic State.

U.S. forces have carried out an airdrop of small arms ammunition to Syrian Arab rebels in northern Syria, barely two weeks after Russia raised the stakes by intervening in the war on the side of President Bashar al-Assad.

A U.S. military official, speaking on condition of anonymity, said on Monday the airdrop of supplies to the opposi-

tion fighters was part of a revamped U.S. strategy announced last week to help rebels in Syria battling Islamic State militants.

The only group on the ground to have success against Islamic State while cooperating with the U.S.-led coalition is a Kurdish militia, the YPG, which has carved out an autonomous zone in northern Syria and advanced deep into Islamic State's stronghold Raqqa province.

On Monday, the YPG announced a new alliance with small groups of Arab fighters, which could help deflect criticism that it fights only on behalf of Kurds. Washington has indicated that it could direct funding and weapons

to Arab commanders on the ground who cooperate with the YPG.

Syrian Arab rebels said they had been told by Washington that new weapons were on their way to help them launch a joint offensive with their Kurdish allies on the city of Raqqa, the de facto Islamic State capital.

Russian intervention unpopular

The Russian intervention in Syria has wrong-footed the U.S. administration of President Barack Obama, which has been trying to defeat Islamic State while still calling for Assad's downfall.



US airmen prepare to drop supplies. GETTY IMAGES

After joining the 4-year-old war in Syria, an attempt by President Vladimir Putin to win over opponents of Russia's bombing campaign was snubbed on Monday, with Saudi sources saying they had warned the Kremlin leader of dangerous consequences and Europe issuing its strongest criticism yet.

Putin met Saudi De-

fence Minister Mohammed bin Salman on the sidelines of a Formula One race in a Russian resort on Sunday.

Russian Foreign Minister Sergei Lavrov said on Monday that those talks, along with discussions with the United States, had yielded progress on the conflict, although Moscow, Washington and Riyadh

did not agree in full “as yet”.

But a Saudi source said the defense minister, a son of the Saudi king and one of the chief architects of its regional policy, had told Putin that Russia's intervention would escalate the war and inspire militants from around the world to go there to fight. REUTERS

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Dentist not charged for killing lion



Dentist and trophy hunter Dr. Walter Palmer GETTY IMAGES

Zimbabwe said Walter Palmer's hunting papers were in order, and could not be charged.

Zimbabwe will not charge American dentist Walter Palmer for killing its most prized lion in July because he had obtained legal authority to conduct the hunt, a cabinet minister said Monday, angering conservationists.

Palmer, a big-game

hunter from Minnesota, touched off a global controversy when he killed Cecil, a rare black-maned lion, with a bow and arrow outside Hwange National Park in Western Zimbabwe.

"We approached the police and then the prosecutor general, and it turned out that Palmer came to Zimbabwe because all the papers were in order," Environment Minister Oppah Muchinguri-Kashiri told reporters.

Muchinguri-Kashiri

said Palmer would be free to visit Zimbabwe as a tourist in the future but not as a hunter. The implication was that Palmer would not be issued hunters' permits.

The environment minister's comments immediately drew the ire of the animal conservation group Zimbabwe Conservation Task Force, which maintained that Palmer had committed a crime and said it planned to pursue legal action against him in the United States.

The 55-year-old dentist had closed his practice in late July after he was publicly identified as the hunter who killed Cecil, drawing widespread criticism on social media and a large demonstration by animal rights advocates at his office in Bloomington, Minn., a Minneapolis suburb.

The practice reopened in mid-August without him. Palmer returned to work in early September to a handful of protesters and some public support from patients. REUTERS

BRIEF

Pittsburgh officer's body slam of Cubs fan prompts investigation

The mayor of Pittsburgh has ordered an internal investigation after video of a police officer body-slaming a goat-costume-wearing Chicago Cubs fan at an Oct. 7 postseason baseball game

against the Pirates at PNC Park circulated widely online.

A spokesman for Mayor Bill Peduto said the mayor saw the video Sunday night and immediately asked the city's office of municipal investigations, which conducts reviews of employee behavior, to look into the incident.

The video shows a police officer ordering a Cubs fan wearing a goat costume to leave. When the fan asks, "Can I talk to you?" the officer puts one arm around the back of his neck and walks him away, prompting the fan to yell, "Stop it!" and try to pry away the officer's arm. Someone appears

to grab the phone being used to record the incident, yelling, "Put the phone down!" The video then cuts to another angle, which shows the officer picking up the fan and then body-slaming him to the ground before sitting on his back and cuffing him. The officer then pulls him to his feet and

walks him away.

A police spokeswoman, Sonya Toler, declined to offer further details, including the name of the officer and whether the fan involved was arrested.

"This was just brought to our attention," she said. "We must investigate before anything is

determined."

The website Sports Mockery posted a message it said was from the costumed fan, named Dmitri, who claimed the incident occurred after he was ushered away from his seat following a verbal confrontation with a Pittsburgh fan. REUTERS

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The Airbnb app PROVIDED

Could Jersey City be next to legalize Airbnb?

The mayor of Jersey City, N.J., said Monday his city could become the first in the New York City tristate area to legalize short-term housing rentals through Airbnb and similar online home-rental services.

Under a measure introduced by Mayor Steven Fulop, Jersey City could raise as much as \$1 million in revenue annually because Airbnb agreed to be responsible for charging and collecting the city's standard 6 percent hotel tax.

While some people might have concerns about the sharing economy upending old ways of doing business, the best way to address those concerns is by engaging with these companies, not pretending they do not exist," Fulop said.

The city council is expected to consider the

proposal Wednesday.

The additional money would represent a 14 percent increase in Jersey City's annual hotel tax revenue, according to a statement from Fulop.

While a number of U.S. cities have officially allowed rentals through the popular website, other major cities — including NYC — have cracked down on illegal use of the service. **REUTERS**

House's Flores will seek speakership if Paul Ryan doesn't

Two others are already in it: Daniel Webster and Jason Chaffetz.

Another Republican stepped forward Monday to contend for the top job in the House of Representatives, laying claim to a post that others have so far found too hot to handle.

Texas Rep. Bill Flores will run for speaker of the House if his Wisconsin colleague, Rep. Paul Ryan, does not run for it, a spokesman for Flores said Monday.

"Congressman Flores is planning to run for speaker," Andre Castro said.

"However, if Congressman Paul Ryan runs, [Flores] will step



Bill Flores GETTY IMAGES

A third-term congressman who chairs the largest caucus of conservatives in Congress, Flores last week said House Republicans must find a leader who can unite the party's quarrelling moderates and right-wingers.

The 61-year-old Flores is a long-time energy industry executive. He was elected to Congress in 2010.

aside and support him."

House Republicans have been in chaos since Speaker John Boehner's stunning Sept. 25 announcement that he would step down at the end of October.

His top lieutenant, Kevin McCarthy, was expected to seek the job, but suddenly backed out last week. **REUTERS**

Last year Flores became chairman of the Republican Study Committee, a group of more than 170 conservatives, including two-thirds of House Republicans.

To become RSC chairman, Flores defeated two Tea Party favorites, Reps. Louie Gohmert and Mick Mulvaney. **REUTERS**

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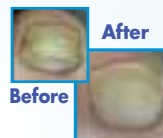
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Probe into allegations AB InBev seek to curb craft beer distribution



Bottles of beer make their way down the line inside the packaging plant for Anheuser-Busch in St. Louis. GETTY IMAGES

Craft brewers have been a bright spot in an otherwise dull U.S. beer market.

The U.S. Justice Department is probing allegations that Anheuser-Busch InBev is seeking to curb competition in the beer market by buying distributors, making it harder for fast-growing craft brewers to get their products on store shelves, according to three people familiar with the matter.

In the past few months, the world's largest brewer has rattled the craft beer world by striking deals for five distributors in three states.

Many states require brewers to use distributors to sell their product, and once AB InBev buys a distributor, craft companies say they find that they can't distribute their beer as easily and sales growth stalls.

Antitrust regulators are also reviewing craft brewers' claims that AB InBev pushes some independent distributors to only carry the company's products and end their ties with the craft industry, two of the sources said, noting

that the investigation was in its early stages.

AB InBev's purchase of several craft beer makers in recent years means that it is in a position to offer a greater variety of products itself.

The Justice Department review comes at an awkward time for AB InBev as it is seeking to buy No. 2 SABMiller Plc for more than \$100 billion in what would be the biggest-ever merger of brewers. AB InBev is widely expected to sell

chases of craft beer makers, including Golden Road in September, Blue Point Brewing in 2014 and Goose Island Beer Co in 2011.

As AB InBev also snaps up distributors, craft brewers have expressed concern that the company would push distributors to only carry its products.

To retain the craft title, a brewery must make less than 6 million barrels annually. That means those that get taken over by a big brewer like AB InBev lose that identity even if they still make small batches with distinctive flavors.

State regulators in California, where AB InBev announced wholesaler purchases in Oakland and San Jose in September, are also looking into the matter, the people familiar with the matter said. It was not clear if state regulators were looking at the recent purchases of two distributors in Colorado and one in New York as well.

The Justice Department declined comment. AB InBev, and the attorney generals' offices for California, New York and Colorado did not respond to requests for comment. REUTERS

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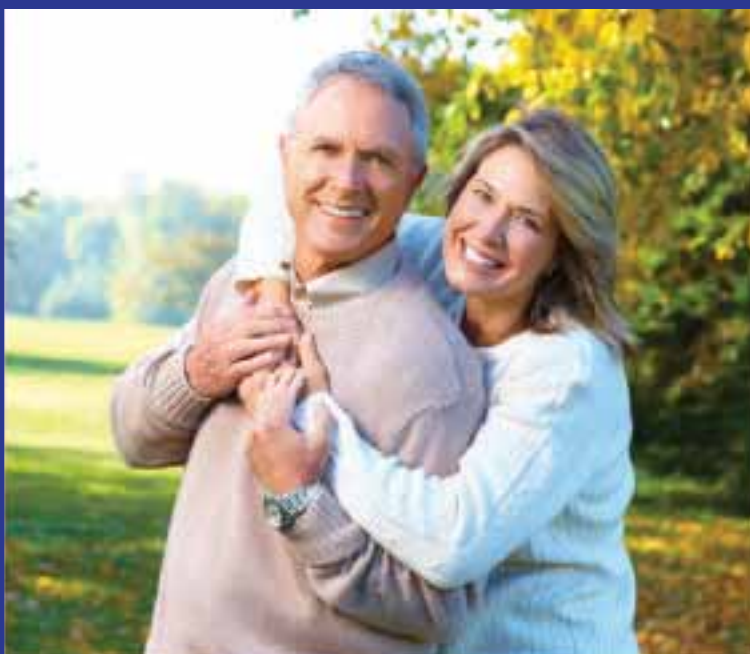
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Did Taylor kick Calvin to the curb?

ALL PHOTOS GETTY IMAGES

Of course you'd assume any Taylor Swift breakup rumor were true. It's Taylor Swift, after all. Radar Online has it on good authority that she called off her six-month relationship with Scottish DJ Calvin Harris because he patronized a Thai massage parlor last month. Even though he has a masseuse on staff. The incident reportedly started Swift down a paranoid-girlfriend spiral that culminated in her dumping Harris last week. "He lied to her. He gave some bulls— excuse that his masseuse was sick and he needed his

shoulder worked on," a source says.

But! Get this: Swift's rep took to Twitter to deny the story, stating simply, "I've said it before and I'll say it again: Do not believe Radar Online." And even Swift herself struck back, tweeting — in response to a tweet by Harris she favored — "Love isn't dead. I can sleep tonight." Which isn't exactly a denial, but still.

It's kind of too bad if it's not true, because how awesome would it be if her next big breakup-inspired album was called "No Happy Endings"?

Selena Gomez's last words on Justin Bieber



Selena Gomez is just about done with her press blitz to publicize her new album, which means she's also just about done having to give introspective and revealing interviews. But what could one more hurt? Gomez opens up to Refinery 29 about her relationship with Justin Bieber and the media glare around it. "I think people really wanted to see me fail. I'd sit down in an interview and get the most harshly asked questions. Of course I got my heart broken.

Of course I was pissed about it. There, everybody has it. I was so disappointed, because I never wanted my career to be a tabloid story," she says. "At this point, there is no anger. There's closure in a very good, healthy way. We've seen each other. I'm always encouraging and I am proud of his journey. I think people are making it out to be something that is more tragic than it really was. We grew up together. We both made mistakes. That's it." So, we all good now?

Harry Styles' naked Segway ride



While everyone's been talking about Justin Bieber's privates — including his dad, which is just icky — news of another young pop singer's clothing-optional exploits might have slipped through the cracks. But fear not, I'm hear to fill you in. According to the boys in 5 Seconds of Summer, touring with One Direction — and particularly Harry Styles — can be more than a little revealing. 5SOS band member Ashton Irwin tells Alan Carr during an interview that backstage at one tour stop, Styles stunned the band by zipping around completely naked on a Segway. "It was just once. I saw full-on ball-sack," Irwin says, before bandmate Michael Clifford adds, "The worst part was that Luke [Hemming]'s mom was standing right there, and he comes in on the Segway just butt naked, sees Luke's mom and turns around." That sounds like a pretty hilarious visual, except for one aspect Irwin forgot to add: "It was, like, his first time on a Segway, too, so it was kind of awkward turning around and trying to hide things at the same time." Maybe get some more practice first before going full streaker, Harry?



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Neon Indian GETTY IMAGES

Who to see at CMJ 2015



Kamasi Washington PROVIDED

Kamasi Washington

CMJ isn't all indie rockers in skinny jeans. Kamasi Washington is the most important jazz musician today and will be playing tracks from his three-hour, three-disc compilation "The Epic." Washington composed the strings and choir for Kendrick Lamar's album "To Pimp A Butterfly" and has also collaborated with Snoop Dogg, Lauryn Hill and Flying Lotus, among many others.

Playing: Oct. 15, 10:45 p.m. at BRIC House (647 Fulton St., Brooklyn)

Neon Indian

Neon Indian is one of CMJ's biggest names, so get to the venue early if you want an Instagram-

worthy view of the stage. The electronica band has an album dropping Oct. 16, so expect lots of new songs, including their current single "Annie," as well as old favorites like "Polish Girl."

Playing: Oct. 14, 8 p.m. at Webster Hall (125 E. 11th St.)

Nina Sky

R&B duo Nina Sky is best known for their 2004 debut single, "Move Ya Body," but the identical twin sisters are back with new tracks, bringing their high-energy sounds to CMJ. Their new music is more electronica dance than their early hits, but just as catchy.

Playing: Oct. 13, 11 p.m. at Arlene's Grocery (95 Stanton St.)

POWERS

Electro-pop duo POWERS packs a one-two punch into their upbeat, danceable songs that's helped land them on the alternative charts and score a song in a Victoria's Secret ad campaign. Both of their singles, "Beat of My Drum" and "Loved By You," are catchy: They'll be in your head long after the festival ends.

Playing: Oct. 14, 12:30 a.m. at Good Room (98 Meserole Ave., Brooklyn) and Oct. 17, 8 p.m. at Brooklyn Bowl (61 Wythe Ave., Brooklyn)

Tobias Jesso Jr.

Balancing out CMJ's many electronica acts is Tobias Jesso Jr., who sings and plays piano. The simplicity works, thanks to Jesso's pure talent. With the backing of Jack White and Black Keys member Pat Carney, both of whom produced songs on his album, the singer-songwriter is well on his way to being the Next Big Thing.

Playing: Oct. 14 and 15, 10 p.m. at Music Hall of Williamsburg (66 N. Sixth St., Brooklyn)

Panda Bear

Panda Bear's latest layered synth beats off their new album have a melancholy feel, and the textural music is as complex as the lyrics.

Playing: Oct. 13, 14 and 15, 9 p.m., Bowery Ballroom (6 Delancey St.)

We handpick the best bets out of the 100-plus acts.



EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

A huge part of what makes CMJ fun is getting turned on to bands you've never heard before. But because so many on-the-rise bands are hit or miss, it's good to go into the

week with some sure bets. Here, we round up the buzziest acts playing showcases this year.

BØRNS

L.A.-based glam-rocker BØRNS (ne Garrett Borns) brings his psychedelic music to the East Coast, playing songs from his EP, "Candy." Fans of Haim and Passion Pit will enjoy the sunny synth sounds, particularly the catchy single, "Electric Love."

Playing: Oct. 17, 9 p.m. at Music Hall of Williamsburg (66 N. Sixth

St., Brooklyn) and Oct. 19, 9 p.m. at Bowery Ballroom (6 Delancey St.)

Glass Animals

Alt-rock band Glass Animals is both majestic and weird, mixing electronica, psychedelia and heavy bass. Frontman Dave Bayley studied neuroscience at Oxford, so it's no wonder his music has a cerebral feel to it. Listen to stand-out track "Gooey" before you go.

Playing: Oct. 15, 8 p.m. at Terminal 5 (610 W. 56th St.)

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Taissa Farmiga scares very easily

The "American Horror Story" actress gets to play the serious side of the funny "The Final Girls."



MATT PRIGGE
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In "The Final Girls," Taissa Farmiga plays Max, a teen grieving for her dead mom, played by Malin Akerman. In truth, Akerman is younger than Vera Farmiga, the "American Horror Story" regular's older sister and another actress who goes between drama and horror. Still, that factoid isn't as odd as the film itself: a comedic horror in which four young people find themselves sucked into a cheesy '80s slasher movie, à la "The Purple Rose of Cairo." And since the film-within-a-film starred Malin's character, that means Max, in a grim twist, gets to effectively once again spend time with her dead mother.

I heard you're not much of a horror fan. What is it about them that you don't jibe with?

They just scare me. I get scared very easily, even on set. You'll see crew members pat me on the shoulder, and I



Taissa Farmiga, center, plays one of a group of teens who find themselves transported into a slasher movie in "The Final Girls," now in theaters. **SONY**

freak out. It's actually a joke on set. I was talking to my sister the other night, because she's doing "The Conjuring 2." And another friend of mine was talking about a horror script he's working on. It wasn't even an in-depth conversation; he just mentioned exorcisms. I woke up in the middle of the night, and I couldn't sleep. My brain was just running, and it was just a simple

conversation. I have to overcome it somehow.

All this being said, "The Final Girls" isn't a straight-up horror movie. It's a comedy, while your character's arc could be airlifted into a more "serious" film and still be trenchant.

That's what I love about "The Final Girls." Yes, it has scary moments, and it can be called a horror movie. But it's also funny. It's also got a

lot of heart to it. It was interesting to hear Todd [Strauss-Schulson], the director, speaking about it. He said it's a mother-daughter story that deals with grief, but cloaked in a horror movie. When it comes down to it, it's just dealing with real situations and the real emotions we all feel.



GETTY IMAGES

Sisterly love

Malin Akerman, who plays your mom, is in fact younger than your older sister, Vera, and you've even played Vera's daughter in "At Middleton." That seems like a relationship that's both unusual and normal.

I come from a big family so I've grown up with adults. But I have a great relationship with Vera. There's an age gap, but as I've gotten older and entered the same field as her, that just means she has someone to talk to now — someone who understands when she says, "I was on set for 15 hours." She has a new person to go to. And she's always there for me. It's just a bunch of support from both ends. She opened me up to this world I had no idea I wanted to be in. She helped me find that. It's just a love fest; we all love each other.

And I'm sure she helps you with obstacles she has encountered.

Whenever I'm frustrated, I know she understands, and she can talk through things. My first movie, called "Higher Ground," she directed me in. I was nervous acting for my sister. It's not that I didn't want to disappoint her — I mean, I didn't. There are just so many expectations apart from her being a terrific actress.

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Fashion Month report

The Spring 2016 fashion shows went in — and out — with a bang. We analyzed the countless runways from New York, London, Milan and Paris and distilled the trends you need to know.

TINA CHADHA AND
RAQUEL LANERI
letters@metro.us

Designers certainly didn't call it this fashion month. From the bravura of Riccardo Tisci's 9/11 memorial show — which kicked off New York with a chanting monk and Marina Abramovic — to Alexander Wang's 10-year anniversary bash — complete with pole dancers — spring 2016 was all about showmanship.

That fearlessness was echoed in the maximalist clothing that came down the runway, which included eye-popping prints, feminine frills and Latin flare.

"There's been a change," noted designer Rebecca Taylor during an appointment to view her "unapologetically beautiful" spring collection of geometric lace dresses and dreamy floral prints.

"Fashion went through a really austere time, and women are really ready for more."

In addition to these bold styles, we've rounded up the biggest trends that dominated the spring runways, from the audacious to the office-ready.

For our entire fashion week trend list, visit metro.us



Tibi

Clothes for the daily hustle

Despite the frills, Fashion Month did give us a lot of wearable and everyday clothes. The best part: most looks from the metallic-embroidered dresses at Louis Vuitton to slinky slips at Rag & Bone were paired with comfy footwear.

Seen at:
Ralph Lauren
Public School



Gucci

Maximalistista

Designers piled on prints, colors, decades, textures, oh my! to create looks for the kooky free spirit. Styling game strong.

Seen at:
Marc Jacobs
Prada



Erdem

Victorian grunge

The Brontës meet Courtney Love: think floral dresses festooned with ruffled collars, puffy sleeves and high necks — and imbued with a whole lotta attitude.

Seen at:
Alexander McQueen
Yigal Azrouël



Tanya Taylor

Stripes on stripes

From borrowed-from-the-boys pinstripes to colorful linear patterns, stripes — often paired with more stripes — ruled the runway.

Seen at:
Dior
Peter Pilotto



Jason Wu

Girlly wears, don't care

Hey, you, in the sleek black outfit: Step aside for dramatic ruffles and girly-girl pinks. There's a lady in the house, and she isn't afraid to flaunt her feminine side.

Seen at:
Rebecca Taylor
Diane von Furstenberg



Hood by Air

Bare shoulders

Slashed sleeves, off-the-shoulder ruffles and slightly askew straps means you'll be giving the cold shoulder come spring.

Seen at:
Chloe
Prabal Gurung



Vetements

Tangerine dream

Warm hues dominated the runway, but especially orange, from '70s burnt rust to tropical tangerine and everything in between.

Seen at:
Christopher Kane
Narciso Rodriguez



Stella McCartney

Plaid

Spliced with lace, cut on the bias or made oversized, plaid gets an update.

Seen at:
Chanel
Wes Gordon



Saint Laurent

Slips

It's a total '90s moment, and languid slip dresses capture the era's grunged-up minimalism, from Calvin Klein to Kate Moss.

Seen at:
Calvin Klein
Givenchy



Thakoon

Pajama dressing

Forget yoga pants: It's now OK to walk out of your house in straight-up jammies. Just make sure they're of the silky variety.

Seen at:
Sonia Rykiel
Creatures of Comfort

VENTEMENTS



CHANEL



MARISSA WEBB



ALEXANDER WANG



PRADA



LOUIS VUITTON



Go bold!

It wasn't just the clothes that screamed on spring's runways. Designers really amped up the accessories, too, sending down beaded fringe gladiators, heavy-metal chokers and "Flying Nun" leather headscarves. Wallflowers need not apply.

RAQUEL LANERI

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Aries Lady Luck is in your corner. If you play by the rules, you can expect monetary gains through investments or games of chance.



Taurus Younger family members or acquaintances will cause distress. Contain your temper. Reiterate the rules to get your household back on track.



Gemini Don't limit yourself to the old familiar routine. Spice up your life by taking part in recreational or educational activities.



Cancer You will be pleasantly surprised by an unexpected change. Being inflexible or rash will limit your options. Let matters unfold naturally.



Leo A big break is heading your way. Let everyone know what you have to offer. Your approach will put you in the running for an opportunity.



Virgo You won't make any progress if you wait for others to help you. Do everything yourself so you can take full credit for what you achieve.



Libra This is an ideal time for a short getaway or vacation. You may feel restricted by your circumstances, and a chance to take a break is needed.



Scorpio Don't allow anxiety to stop you from making the most of your skills. Your confidence will get a boost when you receive a positive response.



Sagittarius A chance encounter with an old friend will give you valuable insight into your financial future. Listen and learn.



Capricorn Someone will try to take advantage of your sympathetic nature. Offer advice, not money, when you are approached for a handout.



Aquarius It's time to free yourself of associates who are making you look bad. Constantly bailing out careless people will hurt you.



Pisces A rash decision will cause regrets. Make sure you fully understand what is expected of you before you make a commitment. **EUGENIA LAST**

Across

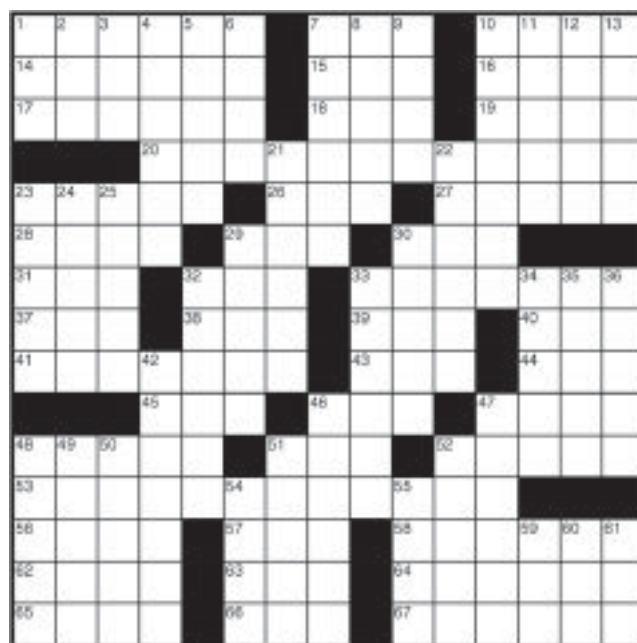
- 1 Kind of tooth
7 Sort
10 Rocker — Jett
14 Black-and-yellow bird
15 — voyage!
16 Munitions
17 Interstellar cloud
18 Want-ad letters
19 Move toward
20 Type of boxer
23 Oater sound effects
26 911 responder
27 Hide away
28 Playing marbles
29 AMA members
30 PFC superior
31 Apply WD-40
32 Service charge
33 Queen's trucks
37 Tina Turner's ex
38 Katharine — Bates
39 Skater Midori —
40 Drops on the grass
41 Heavy sword
43 Vet office sound
44 — you serious?
45 Guitar, slangily
46 Pecs' partners
47 "Wool" on clay sheep
48 Rapidly
51 Geological period
52 Beau
53 Wedding party

members

- 56 Poop out
57 Expertise
58 Skirted the basket
62 Major — Hoople
63 Rumor, perhaps
64 "Becket" actor
65 Scream and shout
66 — Plaines, Ill.
67 Halvah base

Down

- 1 Triumphed
2 Umbrage
3 Bro or sis
4 Considers unlikely
5 Mexican pots
6 Signify
7 Steel girders (hyph.)
8 Towers over
9 Was in the loop
10 Broom wielder
11 Rolex rival
12 Delhi nannies
13 Nanook's realm
21 Mobile homes?
22 Trust account
23 Impassive
24 Zen poem
25 Immature raptor



- 29 They come in for a landing
30 Some may be sour
32 Pale yellow
33 Flexible
34 Oregon neighbor
35 Unearthly

- 36 Say "I@#\$%"
42 Most frilly
46 Rock tumbler stones
47 Universe
48 It makes scents
49 — donna
50 Baseball's Hank —

- 51 Cliffside refuge
52 Correspond
54 Smooth-pated
55 Psyche's beloved
59 Big extinct bird
60 "Nightmare" street
61 Ruby or Sandra

For crossword answers, go to metro.us/crossword-answers

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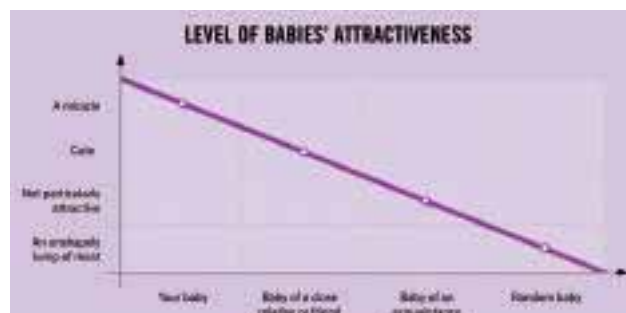
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hard

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There are hundreds of gyms and boutique studios in the city, and class subscription services like ClassPass and FitReserve are capitalizing on giving fitness buffs the chance to sample them all. These services will definitely save money over signing up for individual classes, but they still aren't cheap, especially if you don't want to let go of your gym membership. So, how can

you really get your money's worth? We talked to a personal trainer and one satisfied customer to get their insider tips.

1 Find out what your body needs.

It's tempting to sign up for the trendiest workouts you've been dying to try, but Don Saladino, founder of Drive 495 and who boasts Ryan Reynolds as one of his clients, says it's important to do a fitness screening first.

"A lot of people hop into classes like SoulCycle and come back [with an injury]," he says. Reach out to a trainer and ask for a screening. Then, you can do any needed corrective exercises at home and sign up for the classes you want without worrying that the workout will be too much for your body.

2 Tailor it to your schedule.

Life's Better In Yoga Pants blogger Lynette Pettinicchi is a member of FitReserve and says the very act of signing up for a class keeps her committed to working out. "I miss more [workouts] I do on my own than I do with FitReserve classes," she says.

But making it fit into your schedule is key. Her best tip: "For weekday morning classes, I look for studios with showers so I can head right to work after," she says. "Then, on the weekends, I sign up for classes near my apartment." Make things easy on yourself, and you're more likely to stick with it and not cancel at the last minute.

3 Vary the intensity level.

With so many classes to choose from, figuring out the best way to alternate them can be confusing. Saladino's advice: "Vary it by intensity level,"

he says. "Start with low intensity, the next workout do medium, the next workout go high, then medium again, working your way down." Break down the type of workouts you like, such as Pilates, aerobics or a weight-based class, into those categories and make your schedule accordingly.

4 Keep your goal in mind.

While you're experimenting with different classes and switching up the intensity level, Saladino says it's important to keep your goal in mind so you're getting what you want out of your subscription. "If your goal is to tone your abs, sign up for all the different type of classes you want, but three days a week should be classes focusing on resistance training," he says. "That's really going to be what transforms your body."

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The liquid gold that prevents breast cancer

More evidence that the Mediterranean diet is the way to health.



ELODIE NOËL
Metro World News
letters@metro.us

Experts have long recommended regular exercise, drinking water and eating well to prevent the onset of breast cancer. Now, you can add olive oil to the list.

In a new study of older women, Spanish researchers found that eating a Mediterranean-style diet supplemented with extra olive oil helped reduce the risk of breast cancer. The Mediterranean diet includes fruit and vegetables, lean protein like fish and poultry, whole grains, legumes, nuts and a good bit of olive oil.

For this study, scientists examined more than 4,200 Spanish women aged 60 to 80 at high risk



Could olive oil be the most healthful fat? ISTOCK

of developing heart disease. The women were divided into three groups.

One group was told to eat a Mediterranean

diet, plus four daily tablespoons of olive oil, another to eat the same diet but with 30 grams of nuts instead of olive oil, while

the final third cut down on their fat intake.

The study was conducted between 2003 and 2009. After five

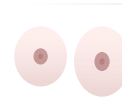
years, the researchers checked back in with the women and found that the group instructed to eat the Mediterranean

diet with olive oil had a 62 percent lower risk of developing breast cancer compared with the low-fat diet group.

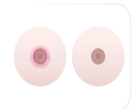


GET TO KNOW YOUR BREASTS

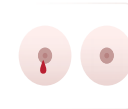
Metro shows the symptoms of breast cancer that you should look out for



A change in size or shape



Redness or a rash on the skin and/or around the nipple



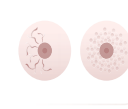
Discharge (liquid) that comes from the nipple without squeezing



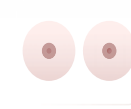
A swelling in your armpit or around your collarbone



A lump or thickening that feels different to the rest of the breast tissue



A change in skin texture such as puckering or dimpling (like orange skin)



Your nipple becoming inverted (pulled in) or changing its position or shape



Constant pain in your breast or armpit

NANCY MACEDO, METRO WORLD NEWS



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Experts weigh whether e-cigs solve problem, or just create new one

DMITRY BELIAEV
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E-cigarettes could be the key to finally ending tobacco smoking and all its related diseases. Or are they delaying the goal of a smoke-free world? The scientific community hasn't rolled out the red carpet to e-cigs just yet. We look at both sides, and talk to someone who says her life has been transformed by vaping.

Pro: E-cigs are "very much less harmful"

"An electronic alternative is a less harmful way of consuming nicotine than smoking," acknowledges Hazel Cheeseman, director of policy at Action on Smoking & Health, an anti-smoking organization.

"What many people don't realize is that while smokers are addicted to nicotine, it is the smoke that kills them. Consuming nicotine through vapor rather than smoke is very much less harmful."

Cutting back on regular tobacco cigarettes can only have positive health effects — currently, smoking is the No. 1 cause of preventable illness and death worldwide.

David Sweanor couldn't be more excited for e-cigarettes to make smoking obsolete. The professor of law who focuses on global health policy at the University of Ottawa sees the potential of e-cigs to save hundreds of millions of lives globally from premature death by cancer, heart disease, emphysema and other diseases caused by smoking.

"For people who can't

or don't want to quit using nicotine, e-cigs offer a lot of what users like about smoking: the nicotine, the hit to the throat, taste and something to do with their hands," he says.

Con: Vaping primes new smokers

Not everyone is buying the e-cig promise. Studies indicate only a small number of regular smokers successfully wean themselves off cigarettes using e-cigs, says Jonathan Winickoff, chairman of the American Academy of Pediatrics Tobacco Consortium and a professor at Harvard Medical School.

For the rest, "using both cigarettes and vaping together might facilitate some continued tobacco use, rather than complete cessation that might have otherwise occurred," he says. That process has the potential to work backward, too: "Young people who vape may become addicted to nicotine and then go on to smoke regular

tobacco."

A nationwide study last December found that more teenagers are vaping than smoking regular cigarettes; among 8th and 10th graders, e-cig use was double that of traditional smoking. According to the Centers for Disease Control, from 2012 to 2013 e-cig use by high schoolers rose 61 percent.

All of this is happening while the FDA's Center for Drug Evaluation and Research still has not approved a single e-cigarette as a safe and effective method to help smokers quit, according to the American Lung Association. Winickoff points out that vaping devices are still not as healthy as breathing clean air.

"[E-cigarettes] do in fact contain harmful chemicals — like formaldehyde, which is a known cause of cancer — as well as ultrafine particles that get deep into the lungs, only to worsen breathing problems."

A success story

For former smokers like Spike Babaian, there is no debate. She switched from regular cigarettes to e-cigs in early 2009 when a three-pack-a-day smoker she knew stopped completely with vaping.

"It was about three weeks before I went from two packs a day to nothing, and I immediately started to wean myself off of nicotine," she tells Metro. "I was down to no nicotine in about six weeks."

Though Babaian was nicotine-free for almost 18 months, she was "not a happy person" without it, so she found the lowest-dose e-cig

that contained nicotine and continues to use that now.

The difference it made in her life led her to co-found the Long Island Vapers Club in New York, which advocates against e-cigarette regulations that Babaian says would "delay the evolution of the product. ... I spend every minute I can trying to keep e-cigs legal and available in every state and country."



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Polled Jets players love Fitz, not ready to go back to Geno

Jets players speak on the differences between Ryan Fitzpatrick and Geno Smith.



KRISTIAN DYER
@KristianRDyer
sports@metro.us

This was supposed to be the week when, in theory, Geno Smith was scheduled to return and possibly reclaim his starting job as quarterback of the New York Jets.

But with the Jets now 3-1, the team is off to its best start since 2010 and is flying high with confidence under QB Ryan Fitzpatrick.

The offense hasn't been terribly pretty but it is efficient. The Jets have two road wins and the ball is moving well down the field. Fitzpatrick isn't the likely long-term answer for the Jets' quarterback woes, a conundrum that they've had since Joe Namath led the team on and off the field four decades ago. In Fitzpatrick, the Jets have a good, solid quarterback. He won't have incredible highs but his lows aren't quite as cellar-bad as Smith's.

During the bye week,

Metro polled six members of the Jets offense to get their take on Fitzpatrick. They were promised anonymity so that they could speak freely and openly.

"[Fitzpatrick] commands [the offense] so well," one player told Metro. "In the huddle, the language comes out clean. He understands the playbook, where we're supposed to be. There's no hesitation."

Another player said that "he's like having a second coordinator out there on practice [field] or [in] meetings or a game. It's really natural to him."

When asked if Smith had the same command of the offense last year and this year in practices and games, the player would only say that "Fitz has the best command of any quarterback I've ever played with in this



Ryan Fitzpatrick has thrown seven touchdown passes and six interceptions so far in 2015. GETTY IMAGES

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MLB postseason
coverage, see
metro.us

league. It's phenomenal."

Fitzpatrick's numbers are slightly better than Smith's during the first quarter of the season when compared to the same sample size from last year. But the 3-1 mark is better than at any point during Smith's two years running things.

Fitzpatrick has been criticized for showing a

lack of downfield arm strength, something that Smith has no shortage of. With wide receivers such as Brandon Marshall and rookie wide receiver Devin Smith — both home run threats — Smith could potentially be an asset in helping stretch the field.

"Geno, I've played with him now a couple of years," one offensive skill position player said during the bye week. "And Geno has this huge arm, but he hasn't learned to use it. Ryan has a stronger arm than people think but his placement

is good. And this offense doesn't ask him to throw it 60 yards downfield. Just get it over the top of the secondary, over the safeties when they're playing deep. He can do that. He's done it a few times this season.

"I don't get everyone saying he has a weak arm, he doesn't. His ball placement, man, it's impressive. We haven't always had that. Some quarterbacks around here in the past, they get you the ball, but it's not in stride. You're reaching up, going back and you throw you off your

route. That can be the difference in a first down or a third down, that little second to stop and get a ball. [Ryan] doesn't have that issue. He's placing the ball right there."

Then there was this. "He's refreshing," one veteran in the Jets locker room said. "Been around enough quarterbacks and teams. He doesn't get on you when you make a mistake, but he always owns up to his. He's a good quarterback, and I think Ryan, with this team, can be a play-off quarterback. We'd all like to get him there."

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MALUSIS: THANKS TO FISHER, KNICKS REMAIN A JOKE

OPINION



MARC MALUSIS
@marcmalusis

In a word: embarrassing. And the Knicks' 2015-16 season has yet to begin.

Head coach Derek Fisher got caught up in a love triangle this past week involving his ex-teammate Matt Barnes and Barnes' estranged wife Gloria Govan.

Now listen, people should be able to keep their private lives just that — private. However, there was an altercation between Barnes and Fisher at Govan's home in Marina del Rey last Saturday after Barnes found out that Fisher was there and was concerned that his twin sons were still up at 10 p.m. The situation escalated between Barnes and Fisher after Barnes arrived at the home.

This is not exactly the headline you want to be grabbing if you are the Knicks head coach.

We know that Fisher filed for divorce last spring and informed the Knicks that he was flying back to California to see his children last week. However, Fisher missed practice last Monday for personal reasons and the Knicks insist that he



More drama from the Knicks. So where do we go from here? GETTY IMAGES

had equipment issues on his return flight, which caused Kurt Rambis to run practice. Was there an altercation with Fisher and Barnes? Yes. Are the optics good that an NBA head coach is dating the ex-wife of a former teammate? No. Is there a concern about the commitment of Fisher? Yes.

Fisher was a smart and savvy NBA player who was a flat-out winner. He was never the best player on any team that he played on, but always seemed to make winning plays to help his team come out on top. When the Knicks decided to pull him off the court and give him a

five-year, \$25 million dollar contract to become the head coach, they knew they would have to be patient and allow him to grow into the position.

They never expected this. What they now get is drama that continues to define this organization as a circus. As smart as Fisher was as a player, how could he be this dumb as a coach? That is the troubling aspect to it.

At some point, he thought it was a good idea to start seeing the ex-wife of a former teammate that also happens to be one of the stars of a show called "Basketball Wives: LA." How could anyone

think that would be a good idea?

Phil Jackson has already gone on record saying that he will have a more active role this season, and the Knicks have started the process of turning over the roster. But they have a long way to go before they are a contender in the Eastern Conference.

How committed to the work is Fisher? How hungry is he? You can certainly question his judgment on and off the court. Not exactly the way the Knicks wanted to bring in the fall.

Thanks, Derek. Cue the clowns!

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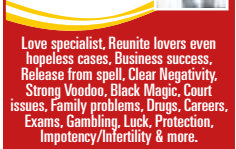
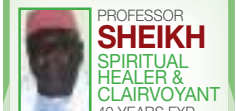
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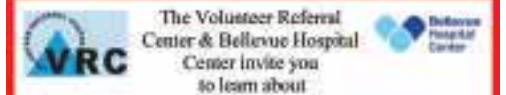
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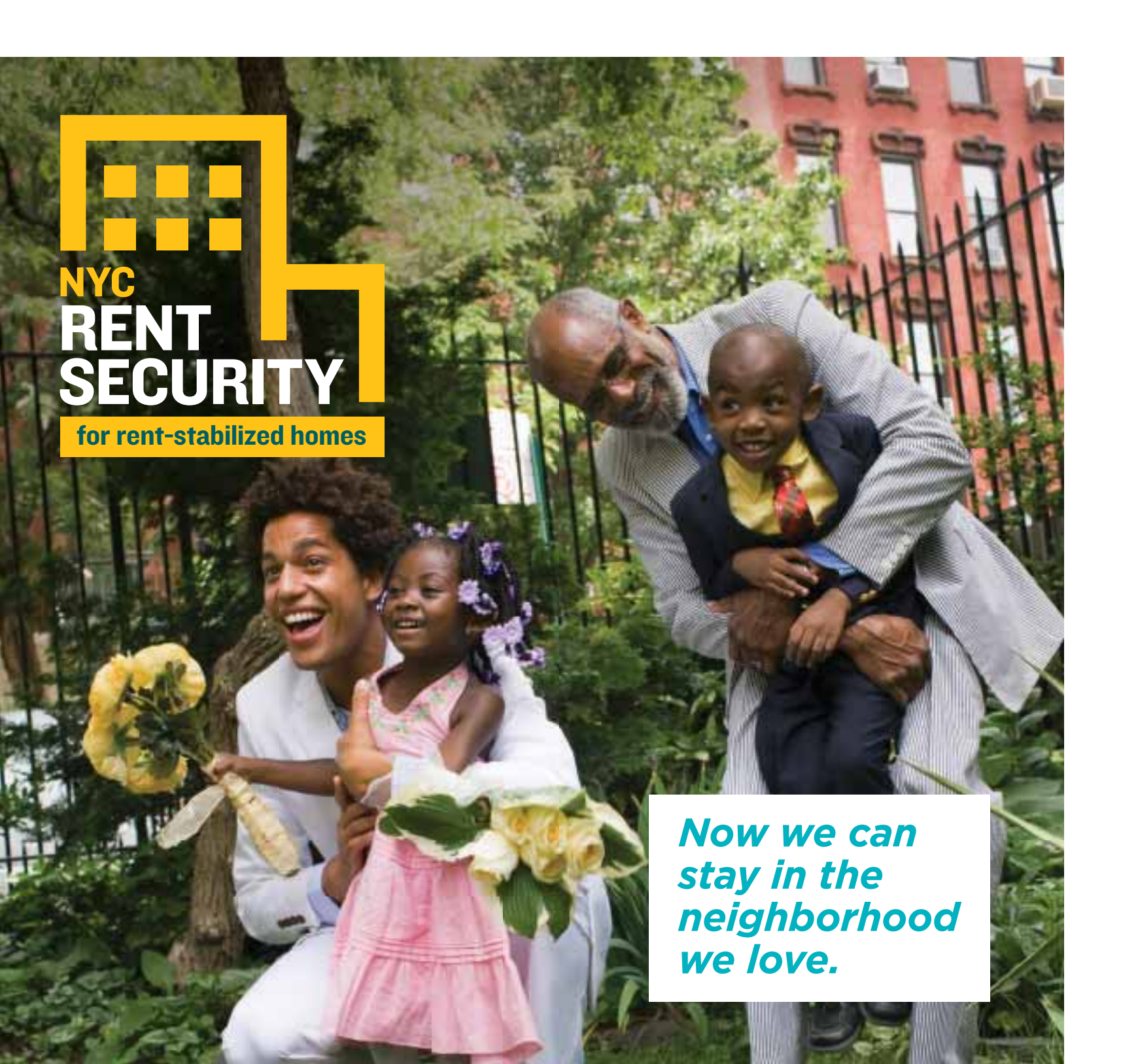
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